

NOVEMBER 2013



City-Wide

Fifty Plus *Recreation for the Fifty-Plus Generation*

Lynchburg Parks & Recreation ~ 434-455-5858

www.lyncburgva.gov/parksandrec

VETERANS APPRECIATION LUNCHEON

**Friday, November 8
11:30 am - 1:30 pm**

Moose Lodge 715

2307 Lakeside Drive, Lynchburg

Special Music with Rev. Randy Bower, Buffet Lunch,

Door Prizes, Silent Auction

Heritage High School Junior ROTC

Recognition of Veterans

FREE to all Veterans age 50 and over who register by 11/5.

Non-Veterans Tickets \$6.00. On sale 10/15 - 11/5

A special thank you to the following
for their support of the day.

Bentley Commons, Flowers Baking Company
Generation Solutions, Home Instead Senior Care
Moose Lodge 715

Veteran's Benefits Program

Veterans and family members get the latest information on veterans' benefits. Felicia Linthicum, with the Virginia Department of Veterans' Services, will discuss this important topic and answer your questions.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	12/3	10:30 – 11:30 am

\$ Computer Basics: Internet Security

Discover new ways to protect your information while using the internet. Learn how to identify safe sites and avoid email scams. Acquire the knowledge you need about antiviruses and firewalls to protect your computer. Instructor: Sarah Compton



Register and pay by 11/1.

Fee: \$10.00

Templeton Senior Center

Activity #: 73004.330

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	11/6	10:30 – 11:45 am

☎ Computer Basics: Purchasing Tips for Computers

What's on your holiday shopping list? Trying to decide between a tablet, laptop or desktop computer; get details to help make that decision. Learn the difference between Windows and Macs. Get the facts on memory, RAM, processor speed, graphics card and touch screens. Be prepared for Black Friday.

Instructor: Sarah Compton

Register by 11/11.

Free

Templeton Senior Center

Activity #: 73003.330

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	11/15	10:30 – 11:45 am

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity.

Payment, if required, accepted onsite. *Evening/weekend activities & times identified in "BLUE" throughout the newsletter.*

City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

For your information

Finding a Retirement Community

What's the right decision for you? Sheila Peters, with the Williams Home, addresses the many concerns and options you need to consider when searching for a retirement community.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	11/19	10:30 – 11:30am

Affordable Care Act Program

Outreach and Enrollment Counselors with the Johnson Health Center will discuss details of the upcoming healthcare changes and will answer questions you have. Join us for Thanksgiving lunch following the program. See article.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	11/26	10:30 – 11:30 am

CLASSES

\$ Line Dancing: Country & Holiday (6 wks)

Have fun dancing to both country and holiday music. Receive step-by-step instructions & handouts for each dance. Instructor: Linda Parker Register and pay by 11/1.

Fee: \$30.00 LR\$20.00
Templeton Senior Center

Activity #: 74100.330

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	11/5-12/10	7:15 - 8:15 pm

\$ Line Dancing: Basics and Beyond

Learn some new line dances and brush up on the basics while you get a good cardio workout. Register by first class. No class 11/27.

Instructor: Karen Bridgett
Fee: \$30.00 LR \$20.00
Fairview Center

Activity #: 63300.333

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	11/6-12/18	10:30 -11:20am

\$ Lunch & Learn: Stop Falling Around

Falls are a common and a serious issue as we age and the fear of falling can impact both your social well-being and self-confidence. Learn more about the risk factors, how to prevent falls and what community resources are available.

Presented by Amy Deramus, LPTA, Centra Rehabilitation.

Lunch Fee \$3.00.

Register and pay for lunch by 11/15.

Fairview Center

Activity #: 63400.330

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	11/20	11:00 am -1:00 pm

ART CLASSES

\$ Beginning Hand built & Wheel Pottery (7 wks)

Learn to make clay pottery using both hand forming and wheel throwing techniques.

Instructor: Gail Speidell

Register and pay by 10/29.

Fee: \$85.00 LR \$70.00

The Art Studio @ Jackson Heights

Activity #: 26000.330

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	11/5-12/17	9:00 am - 12:00 pm

\$ Beginning Hand built & Wheel Pottery (7 wks)

Learn to make clay pottery using both hand forming and wheel throwing techniques.

Instructor: Gail Speidell

Register and pay by 10/29.

Fee: \$85.00 LR \$70.00

The Art Studio @ Jackson Heights

Activity #: 26000.331

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	11/5-12/17	6:00 -9:00 pm

\$ Oil Painting Basics with Rodney



Learn to mix colors and incorporate basic design elements as you paint the scenic James River.

Instructor: Rodney Laughon
Register and pay by 11/15.

Fee: \$45.00 LR \$30.00

Templeton Senior Center

Activity #: 74400.322

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	11/19	1:00 - 4:00 pm

\$ Thanksgiving Centerpiece

Create a beautiful centerpiece, using the beautiful colors of fall. All supplies furnished

Register and pay by 11/18.

Fee \$10.00.

Fairview Center

Activity #: 63600.330

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	11/22	10:30 -11:30 am



SPECIAL INTEREST

To our special interest groups

Over the years we have been very pleased to offer you a pleasant location and a place to connect with friends as you pursue your special interest. In return for those opportunities we are now asking for your support. Your donation of \$5.00 a month would help offset some overhead and staffing expenses and ensure that we can continue to make the center available for your special interest. Your monetary support of the center is greatly appreciated and much needed as we continue to offer you a place to meet each month. Thank you for your understanding. Any of the staff will be happy to accept your donation.

☎ Meet the Author- Carolyn Tyree Feagan

This fictional writer draws from local history to make her work of particular interest to those of us who live in the shadow of the Blue Ridge.

Register by 11/5.

Templeton Senior Center

Activity #: 73003.331

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	11/7	10:30 -11:30 am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics. Templeton Senior Center

Day	Date	Time
W	11/13	10:30 - 11:30 am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature & poetry. New comers are always welcome.

Templeton Senior Center

Day	Date	Time
Th	11/14	10:30 - 11:30 am

Experiencing Ecuador

Our conversational Spanish teacher, Jorge Lazo describes growing up in his native Ecuador. Enjoy his slides and commentary of this beautiful country.

Templeton Senior Center

Activity #: 73004.333

Day	Date	Time
Tu	11/12	10:30 - 11:30 am

Golden Gourmet at Charley's Restaurant

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring a humorous story or joke to share (optional). Meet at: Charley's Restaurant, 707 Graves Mill Rd.

Register by 11/20. Call 455-4115.

Day	Date	Time
F	11/22	11:30 am - 1:30 pm

New Chapter Book Group

This month's read is *The Lord of the Flies* by William Golding. When a plane full of British school boys crashes on a deserted tropical island with no adults surviving, the boys are left to fend for themselves. Possessing different goals and ethics, they divide into two tribes which gradually sink into a power struggle with disastrous ends.

Meet at: The Drowsy Poet at Givens Book Store, 2236 Lakeside Dr.

Day	Date	Time
M	11/25	10:00 - 11:30 am

Just for Fun

BINGO

Fairview Center

Bring two **UNWRAPPED** gifts to be used as prizes.

Day	Date	Time
W	11/13	10:30 - 11:30 am

Balloon Volleyball

Get your adrenalin pumping and your muscles moving! Enjoy some laughs playing balloon volleyball while in a safe, seated position.

Templeton Senior Center

Day	Date	Time
Tu	11/5	10:30 - 11:30 am

\$ Thanksgiving Luncheon

Enjoy a traditional thanksgiving feast with all the trimmings. We encourage you to invite a friend who might otherwise be alone for the holiday. Register and pay by 11/20.

Fee: \$6.00.

Templeton Senior Center

Activity #: 73000.330

Day	Date	Time
Tu	11/26	11:30 am - 12:30 pm

Tips for Staying Warm

- Maintain a room temperature of at least 68 degrees during the day and evening and 63 degrees overnight.
- Wear layers of warm dry clothing including hat and gloves. Wet clothing negates the insulating effect.
- Cover exposed skin surfaces as protection from frostbite. Warm gradually by wrapping or placing next to warm skin. Do not rub affected areas.
- Be aware of hypothermia: stiff muscles, puffy face, slowed breathing, poor physical condition and mental confusion. If these signs are recognized call 911.
- Drink non-alcoholic beverages like tea, coffee, hot chocolate & soup.
- Maintain good nutrition and get plenty of rest.

Inclement Weather Policy

Again this year we will be following the Lynchburg City School closing policy. If city schools are closed, our morning activities are cancelled. If city schools are opening late, we stay on schedule and open at the usual time, providing roads/parking lots are plowed and clear.

- Closings will be announced on Comcast Channel 2 and other local TV newscasts.

- Decisions for afternoon and evening classes will be made on an individual basis after 12:00 noon.

Call 455-4115 if you have any questions.

Your safety is always our top priority!

YOU Can Help... Be A Santa To A Senior



Volunteers & Sponsors Needed

Home Instead Senior Care, in partnership with the Central Virginia Area Agency on Aging, is once again sponsoring the annual **Be A Santa To A Senior** program.

Sponsors are still needed to help make this upcoming holiday a happy one for area senior adults.

Also, make plans now to help wrap gifts at the Be A Santa To A Senior Wrapping Party at the Templeton Center on Tuesday, December 10, 10:00 am - 4:00 pm. Wrapping will continue on Wednesday & Thursday, same hours, as needed.

Additional needs: Gift boxes, tissue paper, ribbon, gift bags, tape and wrapping paper. Volunteers will also be needed to help deliver the wrapped gifts.

Contact Brenda Dixon at Home Instead, 385-0321, for more information.

Center & Office Location Key		Phone	Days	Hours	Sports & Activities Location Key	
DiH- Diamond Hill , 1005 17 th Street		847-1409	2 nd & 4 th Th	11:00 am - 1:00 pm	FHBC - Fort Hill Bowling Center, 6015 Fort Ave.	
F- Fairview, 3621 Campbell Ave.		847-1751	M & W & F	9:30 am – 1:00 pm	HUMC – Heritage United Methodist Church, 582 Leesville Road	
Main Office- 2704 Concord Turnpike		455-5858	M – F	8:30 am – 5:00 pm	PVP – Peaks View Park, Ardmore Drive entrance	
T- Templeton Senior Center, 225 Wiggington Road		455-4115	Tu & Th	9:30 am - 12:30 pm	PPFC-Putt Putt Fun Center, 8105 Timberlake Road	
				Additional hours as listed	JH- Jackson Heights, Art Studio, 720 Winston Ridge Road	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
						
9:00 Writer's Group – F 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 2- T 9:30 Advanced Bridge Class # 2 -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:30 Tips & Tricks for Oil Painters # 2 –T 7:00 Painted Table Mat Craft # 1 -F	4 8:15 Yoga Class – T 9:30 Free Video Chair Exercise, Cards & Games – T 9:30 Pinochle - T 10:30 Balloon Volleyball- T 12:00 Zumba at Noon - T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Acrylics: Open Studio # 2 -T 7:00 Writer's Group - F 7:15 Country & Holiday Line Dancing # 1	6 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 1 – F 10:30 Fairview Friends Meeting- F 10:30 Computer Basics: Internet Security- T 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	7 9:30 Free Video Chair Exercise, Cards & Games – T 9:30 Mahjong -T 10:30 Meet the Author – T 12:00 Zumba at Noon – T 1:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 2-T 6:30 Stained Glass Panels # 5- JH	9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 11:30 Fairview Fitness – F	8 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class – T 9:30 Ceramics, Billiards & Games – F 9:30 Game Day Fun- F 10:00 Bridge Club – T 11:30 Fairview Fitness – F 11:30 - 1:30 VETERANS APPRECIATION LUNCHEON Moose Lodge 715, Lakeside Drive	
9:00 Writer's Group - F 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 3- T 9:30 Advanced Bridge Class # 3 –T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:30 Tips & Tricks for Oil Painters # 3 –T 7:00 Painted Table Mat Craft # 2 -F	11 8:15 Yoga Class – T 9:30 Free Video Chair Exercise, Cards & Games – T 9:30 Pinochle - T 10:30 Experiencing Ecuador- T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Acrylics: Open Studio # 3 -T 7:00 Writer's Group - F 7:15 Country & Holiday Line Dancing # 2	13 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 2 - F 10:30 Bingo – F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T	14 9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 10:30 Literature for Life -T 12:00 Zumba at Noon – T 1:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 3–T 6:30 Stained Glass Panels # 6- JH	9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 10:30 Computer Basics: Purchasing Tips for Computers -T 11:00 Thanksgiving Covered Dish – F 11:30 Fairview Fitness – F	15	
9:00 Writer's Group - F 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 4- T 9:30 Advanced Bridge Class # 4 –T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:30 Tips & Tricks for Oil Painters # 4- T 7:00 Painted Table Mat Craft # 3 -F	18 8:15 Yoga Class – T 9:30 Free Video Chair Exercise, Cards & Games – T 9:30 Pinochle - T 10:30 Finding a Retirement Community-T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 1:00 Oil Painting Basics – T 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Acrylics: Open Studio # 4 -T 7:00 Writer's Group - F 7:15 Country & Holiday Line Dancing # 3	20 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 3 - F 10:30 Beading with Jamie – T 11:00 Lunch & Learn: Stop Falling Around– F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	21 9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 12:00 Zumba at Noon – T 1:00 Pickleball – HUMC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 4-T 6:30 Stained Glass Panels # 7- JH	9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 10:30 Thanksgiving Centerpiece – F 11:30 Fairview Fitness – F 11:30 Golden Gourmet at Charley's Restaurant	22	
9:00 Writer's Group - F 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 5- T 9:30 Advanced Bridge Class # 5 -T 10:00 New Chapter Book Group - Drowsy Poet 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:30 Tips & Tricks for Oil Painters # 5- T	25 8:15 Yoga Class – T 9:30 Free Video Chair Exercise, Cards & Games – T 9:30 Pinochle - T 10:30 Affordable Care Act Program- F 11:30 Thanksgiving Luncheon -T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Acrylics: Open Studio # 5 -T 7:00 Writer's Group - F 7:15 Country & Holiday Line Dancing # 4	27 9:30 Ceramics, Billiards & Games – F No Line Dance today - F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	Happy Thanksgiving All Centers and City Offices Closed for the Holiday		28 & 29	

Register online for activities and classes. To set-up your “User Account” go to: www.lynchburgva.gov/parksandrec click on Register Online.

Happy Birthday

- 1

Lucille Wood

16 Martin Emst
- 2

Peggy Rogers

Barbara Gentile
- 3

Evelyn McMinn

Carolyn Bell
- 4

Barbara Smoot

Lucille Cable
- 5

Beverly Martin

Howard Scott
- 6

Max Meador

17 Mary Mitchell
- 7

Carl Winston

Ellen Gross
- 8

Helen Gardner

Libby Carr
- 9

Ramona Battle

Ann Worley
- 10

Corrine Saunders

Jane Moore
- 11

Jana King

Gail Musser
- 12

Lorraine Carey

18 Donna Coyner
- 13

Shirley Warren

Loretta Mays
- 14

Mary Anne Sydnor

19 Martha Anne Fleshman
- 15

Leta Reinhardt

Daisy Anderson
- 16

Evelyn Trent

William Lowe
- 17

Selma Ward

Linda Russell
- 18

Eleanor Ferington

Adele Hunter
- 19

Kay Davis

Nancy Beasley
- 20

Phyllis Watts

Colleen Paul
- 21

Betsy Hartsook

Leslie Snyder
- 22

Jean Springer

Jean McMurray
- 23

Ruth Humphreys

20 Ronald E Hendrick
- 24

Cheryl Borland

Irene Schlesinger
- 25

Jean Beverly

Susan Crawford
- 26

Arthur Dodd Jr

Virginia Pausch
- 27

Chiswell Logan

21 Betty Jane Goetz
- 28

Helen Butler

Ruth Sims
- 29

Helen Fleck

Joel Carnefix
- 30

Ellen Price

Jan Ivey
- 31

Jane Sumrlin

22 Joan Tice
- 32

Carla Oster

23 Joyce Tolley
- 33

Lillian Jones

Dorothy Fink
- 34

Virginia Governor

Myra Cunningham
- 35

Sarah Guise

Shirley Freshman
- 36

Nancy Mize

Nancy Bryant
- 37

Bessie Bryant

Ann Richards
- 38

Joyce Goodwin

Tom Sydnor
- 39

Sharon Ruhland

Linda Hoffman
- 40

Kenneth Kessler

Faye Meek
- 41

Gena Davidson

25 Katherine Martin
- 42

Ronald Overstreet

Lula May Stamps
- 43

Daniel Lincoln

26 Phyllis Murphy
- 44

10 Lovella Mangum

Karen Schmidt
- 45

Ann Cofflin

Kathy Keane
- 46

Glenda Lojek

Ruby Carr
- 47

Jimmy Davidson

27 Judy Simmons
- 48

Joyce Linkswiler

Helen Clevenger
- 49

Caroline Spolowitz

Karen Leadem
- 50

11 Jane Mamola

Barbara Dickens
- 51

Katherine Gegner

Greta Williams
- 52

Loretta West

28 William McBratney
- 53

Laurie Giudice

Margaret Mayberry
- 54

Juanita Rodriguez

Raymond Mueller
- 55

Nancy Farris

Doris Alexander
- 56

12 Ruby Davis

Vernie Griffin
- 57

Esther Hammond

Betty Hudson
- 58

Sylvia Powers

Bill Hammond
- 59

Lillian Bradshaw

29 David Chellew
- 60

13 Brenda Gunter

30 Patricia Bennett
- 61

14 Suzanne Hulise

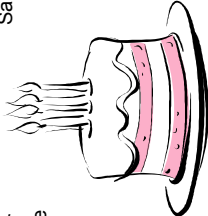
Sandra Asal
- 62

Diane Dodd

15 Karin Turpin
- 63

Gracy Martin

Ina Scott



Health and Fitness

You can enjoy improved health and overall well-being when you participate in regular physical exercise. Select a class that's right for you. Remember, we welcome you to try out the first class for free!

FREE Video Chair Exercise Class

Exercise is a great way to look and feel better. Stop by the Center and check out this 45-minute workout. You'll be surprised how beneficial this video chair exercise program can be!

Templeton Senior Center

Days	Dates	Time
M, Tu, Th & F	11/1-11/26	9:30 - 10:15 am

\$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor. No class 11/29.

Instructor: Jan Baker

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Fairview Center

Activity #: 63300.330

Days	Dates	Time
M, W & F	11/1-11/27	11:30 am - 12:20 pm

\$ Zumba-Exercise Class

A great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms.

Instructor: Kirsten Eubank

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74208.330

Days	Dates	Time
M & W	11/4-11/27	5:00 - 5:45 pm

\$ Zumba at Noon

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Zumba incorporates a great cardio workout with Latin rhythms and easy to follow moves. No class 11/28.

Instructor: Jessica Murphy

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74208.330

Days	Dates	Time
Tu & Th	11/5-11/26	12:00 - 12:45 pm

\$ Yoga

Yoga is controlled exercise that combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74203.330

Days	Dates	Time
Tu	11/5-11/26	8:15 - 9:05 am



\$ Sculpt and Tone

This exercise class begins with a great cardio workout then focuses on trimming and toning using weights, bands, steps, and mats.

No class 11/28.

Instructor: Alex Adams

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74209.330

Days	Dates	Time
Tu & Th	11/5-11/26	6:00 - 7:00 pm

\$ Zumba Fitness @ Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim. No class 11/28.

Instructor: Kirsten Eubank

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Fairview Center

Activity #: 63300.330

Days	Dates	Time
Tu & Th	11/5-11/26	6:00 - 6:45 pm

Sports

Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center

6015 Fort Avenue

Days	Dates	Time
Tu	11/5-11/26	1:00 - 3:00 pm



\$ Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. The 2hr sessions will be divided with 3 courts for Intermediate play from 1:00 - 3:00. From 3:00-5:00 Advanced play on 2 courts with one court reserved for beginners. No pickleball 11/28. Register and pay monthly.

Fee: \$10.00

Heritage UMC Gym,

582 Leesville Rd

Activity#: 73703.330

Days	Dates	Time
Th	11/7-11/21	1:00 - 5:00 pm

Coming in December

📞 Softball Luncheon @ Choice Hibachi Buffet

Join other softball enthusiasts as we wrap up the 2013 season. All softball players and their invited are welcome to partake in this annual luncheon. Call 455-4115 and register by 12/2.

Day	Date	Time
W	12/4	11:30 am - 1:00 pm

Create & Craft

Ongoing Ceramics @ Fairview

Select your own project. Check with Jamey for pieces and pricing.

Club Fee: \$5.00

Register and pay monthly.

Days	Dates	Time
W & F	11/1-11/27	9:30 - 11:30 am

More Creative Fun...

\$ Paint Your Own Table Mat

Using acrylics, paint a seasonal table mat to adorn your Thanksgiving table. Students will complete two projects in this three week class.

Fee \$35.00 LR \$20.00.

Register and pay by 11/1.

Fairview Center

Activity #: 63600.331

Days **Dates** **Time**

M 11/4, 11 & 18 7:00 – 8:00 pm

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry.

Instructor: Jamie Carlund

Register & pay by 11/18.

Fee: \$10.00

Templeton Center

Activity #: 74404.330

Day **Date** **Time**

W 11/20 10:30 -11:30 am

Mail-In Registrations

In order to be registered for a class or activity requiring advance registration and payment (as indicated by \$) a completed & signed registration form must accompany your payment. You may complete the form on this page and send it with your payment to:

**Lynchburg Parks & Recreation
Templeton Center**

225 Wiggington Road

Lynchburg, VA 24501

Registrations are also accepted at the Templeton Senior Center and at any of the Parks and Recreation Centers.

Lynchburg Parks and Recreation



MAIL - IN REGISTRATION & PAYMENT FORM

For classes & activities that require advance registration & payment
Make checks payable to: City of Lynchburg

Name: _____

City of Lynchburg Resident: () Yes () No

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Activity Title	Start Date	Activity Number	Fee or Lynchburg Resident \$\$
			Total \$

Participation Agreement with 911 Release

In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, being fully aware and understand any risks and dangers that are associated with said activities; it is still my decision to participate/allow my child to participate in such activity(ies). I hereby release and hold harmless the City of Lynchburg, its officers, employees and volunteers from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity(ies). *In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.*



Signature of Participant or Parent/Legal Guardian (**REQUIRED**): _____ Date: _____

Photo Release

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and social media. I, the undersigned, have read this release and understand all its terms.



Signature of Participant or Parent/Legal Guardian _____ Date: _____

TRY SOMETHING NEW or PLAY IT AGAIN!

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain. Beginners welcome. (No game 11/28)

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	11/7-11/21	9:30 am - 12:30 pm

Canasta

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome. (No game 11/29)

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
F	11/1-11/22	9:30 - 11:30 am

Pinochle Players Wanted!

Pinochle is a trick-taking card game typically for two to four players and played with a 48 card deck. Each hand is played in three phases: bidding, melds, and tricks. Interested players and beginners are welcome.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	11/5-11/26	9:30 - 11:30 am

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Over 800 copies are printed each month for distribution at designated locations.

Every donation to the newsletter fund helps to ensure the continuation of the *Fifty-Plus* newsletter.



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- Central Virginia Area Agency on Aging 12th & Madison Streets
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Lynchburg, Virginia

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